

Academic Belt Loops

Activity:	Requirements:
Art	<ol style="list-style-type: none"> 1. Make a list of common materials used to create visual art compositions. 2. Demonstrate how six of the following elements of design are used in a drawing: lines, circles, dots, shapes, colors, patterns, textures, space, balance, or perspective. 3. Identify the three primary colors and the three secondary colors that can be made by mixing them. Show how this is done using paints or markers. Use the primary and secondary colors to create a painting
Astronomy	<ol style="list-style-type: none"> 1. Set up and demonstrate how to focus a simple telescope or binoculars. 2. Draw a diagram of our solar system--identify the planets and other objects. 3. Explain the following terms: planet, star, solar system, galaxy, the Milky Way, black hole, red giant, white dwarf, comet, meteor, moon, asteroid, and universe.
Chess	<ol style="list-style-type: none"> 1. Identify the chess pieces and set up a chess board for play. 2. Demonstrate the moves of each chess piece to your den leader or adult partner. 3. Play a game of chess.
Citizenship	<ol style="list-style-type: none"> 1. Develop a list of jobs you can do around the home. Chart your progress for one week. 2. Make a poster showing things that you can do be a good citizen. 3. Participate in a family, den, or school service project.
Collecting	<ol style="list-style-type: none"> 1. Begin a collection of at least 10 items that all have something in common. Label the items and title your collection. 2. Display your collection at a pack or den meeting. 3. Visit a show or museum that displays different collections
Communicating	<ol style="list-style-type: none"> 1. Tell a story or relate an incident to a group of people, such as your family, den, or members of your class. 2. Write a letter to a friend or relative. 3. Make a poster about something that interests you. Explain the poster to your den.
Computers	<ol style="list-style-type: none"> 1. Explain these parts of a personal computer: central processing unit (CPU), monitor, keyboard, mouse, modem, and printer. 2. Demonstrate how to start up and shut down a personal computer properly. 3. Use your computer to prepare and print a document.
Language & Culture	<ol style="list-style-type: none"> 1. Talk with someone who grew up in a different country than you did. Find out what it was like and how it is different from your experience. 2. Learn 10 words that are in a different language than your own. 3. Play two games that originated in another country or culture.
Geography	<ol style="list-style-type: none"> 1. Draw a map of your neighborhood. Show natural and manmade features. Include a key or legend of map symbols. 2. Learn about the physical geography of your community. Identify the major landforms within 100 miles. Discuss with an adult what you learned. 3. Use a world globe or map to locate the continents, the oceans, the equator, and the northern and southern hemispheres. Learn how longitude and latitude lines are used to locate a site.
Geology	<ol style="list-style-type: none"> 1. Define geology. 2. Collect a sample of igneous, sedimentary, and metamorphic rocks. Explain how each was formed. 3. Explain the difference between a rock and a mineral.
Heritages	<ol style="list-style-type: none"> 1. Talk with members of your family about your family heritage: its history, traditions, and culture. 2. Make a poster that shows the origins of your ancestors. Share it with your den or other group. 3. Draw a family tree showing members of your family for three generations.
Map & Compass	<ol style="list-style-type: none"> 1. Show how to orient a map. Find three landmarks on the map 2. Explain how a compass works. 3. Draw a map of your neighborhood. Label the streets and plot the route you take to get to a place that you often visit.

<p style="text-align: center;">Mathematics</p>	<ol style="list-style-type: none"> 1. Do five activities within your home or school that require the use of mathematics. Explain to your den how you used everyday math. 2. Keep track of the money you earn and spend for three weeks. 3. Measure five items using both metric and non-metric measures. Find out about the history of the metric system of measurement.
<p style="text-align: center;">Music</p>	<ol style="list-style-type: none"> 1. Explain why music is an important part of our culture. 2. Pick a song with at least two verses and learn it by heart. 3. Listen to four different types of music either recorded or live.
<p style="text-align: center;">Science</p>	<ol style="list-style-type: none"> 1. Explain the scientific method to your adult partner. 2. Use the scientific method in a simple science project Explain the results to an adult. 3. Visit a museum, a laboratory, an observatory, a zoo, an aquarium, or other facility that employs scientists. Talk to a scientist about his or her work.
<p style="text-align: center;">Weather</p>	<ol style="list-style-type: none"> 1. Make a poster that shows and explains the water cycle. 2. Set up a simple weather station to record rainfall, temperature, air pressure, or evaporation for one week. 3. Watch the weather forecast on a local television station.
<p style="text-align: center;">Wildlife Conservation</p>	<ol style="list-style-type: none"> 1. Explain what natural resources are and why it's important to protect and conserve them. 2. Make a poster that shows and explains the food chain. Describe to your den what happens if the food chain becomes broken or damaged. 3. Learn about an endangered species. Make a report to your den that includes a picture, how the species came to be endangered, and what is being done to save it.

Sport Belt Loops

Activity:	Requirements:
Badminton	<ol style="list-style-type: none"> 1. Explain the rules of badminton to your leader or adult partner. 2. Spend at least 30 minutes practicing badminton skills. 3. Participate in a badminton game.
Baseball	<ol style="list-style-type: none"> 1. Explain the rules of baseball to your leader or adult partner. 2. Spend at least 30 minutes practicing baseball skills. 3. Participate in a baseball game.
Basketball	<ol style="list-style-type: none"> 1. Explain the rules of basketball to your leader or adult partner. 2. Spend at least 30 minutes practicing basketball skills. 3. Participate in a basketball game.
Bicycling	<ol style="list-style-type: none"> 1. Explain the rules of safe bicycling to your den leader or adult partner. 2. Demonstrate how to wear the proper safety equipment for bicycling. 3. Show how to ride a bike safely. Ride for at least half an hour with an adult partner, your family, or your den.
Bowling	<ol style="list-style-type: none"> 1. Explain to your leader or adult partner the rules of courtesy and safety for bowling. 2. Show how to pick out a ball of proper weight and with finger holes that fit your hand. 3. Play a complete game with your family or den.
Fishing	<ol style="list-style-type: none"> 1. Review your local fishing regulations with your leader or adult partner. Explain why they are important, and commit to following them. 2. Demonstrate how to properly bait a hook. 3. Try to catch a fish.
Flag Football	<ol style="list-style-type: none"> 1. Explain or discuss the simple rules of flag football with your den. 2. Practice running, passing, and catching skills for at least 30 minutes. 3. Play a game of flag football.
Golf	<ol style="list-style-type: none"> 1. Explain the rules of golf to your leader or adult partner. Explain the need for caution concerning golf clubs and golf balls. 2. Spend at least 30 minutes practicing golfing skills. 3. Participate in a round of golf (nine holes).
Gymnastics	<ol style="list-style-type: none"> 1. Explain the six events of men's gymnastics: floor exercise, pommel horse, still rings, vaulting / side horse, parallel bars, and horizontal bar. 2. Participate in three of the six events using the proper equipment. 3. Explain the safety rules you should follow to learn gymnastics
Ice Skating	<ol style="list-style-type: none"> 1. Explain ways to protect yourself while ice skating, and the need for proper safety equipment. 2. Spend at least 30 minutes practicing the skills of skating. 3. Go ice skating with a family member or your den for a total of at least three hours. Chart your time.
Marbles	<ol style="list-style-type: none"> 1. Explain the rules of Ringer or another marble game to your leader or adult partner 2. Spend at least 30 minutes practicing skills to play the game of Ringer or another marble game. 3. Participate in a game of marbles
Physical Fitness	<ol style="list-style-type: none"> 1. Give a short report to your den or family on the dangers of drugs and alcohol. 2. Practice finding your pulse and counting your heartbeats per minute. Determine your target heart rate. 3. Practice five physical fitness skills regularly. Improve performance in each skill over a month. Skills could include pull-ups, curl-ups, the standing long jump, the 50-yard dash, and the softball throw.
Roller Skating	<ol style="list-style-type: none"> 1. Explain ways to protect yourself while roller skating or inline skating, and the need for proper safety equipment. 2. Spend at least 30 minutes practicing the skills of roller skating or inline skating. 3. Go skating with a family member or den for at least three hours. Chart your time.
Snow ski & Board Sports	<ol style="list-style-type: none"> 1. Explain the conditioning, clothing, equipment, and planning needed for snow skiing or boarding. 2. Be able to explain safety and courtesy codes for a downhill or cross-country trip. 3. Go skiing or snow boarding. Demonstrate how to stop and turn.

Soccer	<ol style="list-style-type: none"> 1. Explain the rules of soccer to your leader or adult partner. 2. Spend at least 30 minutes practicing soccer skills. 3. Play a game of soccer.
Softball	<ol style="list-style-type: none"> 1. Explain the rules of softball to your leader or adult partner. 2. Spend at least 30 minutes practicing softball skills. 3. Participate in a softball game.
Swimming	<ol style="list-style-type: none"> 1. Explain rules of Safe Swim Defense. Emphasize the buddy system. 2. Play a recreational game in the water with your den, pack, or family. 3. While holding a kick board, propel yourself 25 feet using a flutter kick across the shallow end of the swimming area
Table Tennis	<ol style="list-style-type: none"> 1. Explain the rules of table tennis to your leader or adult partner. 2. Spend at least 30 minutes practicing table tennis skills. 3. Participate in a table tennis game.
Tennis	<ol style="list-style-type: none"> 1. Explain the rules of tennis to your leader or adult partner. 2. Spend at least 30 minutes practicing tennis skills. 3. Participate in a tennis game.
Ultimate	<ol style="list-style-type: none"> 1. Explain the rules of ultimate to your leader or adult partner. 2. Spend at least 30 minutes practicing ultimate skills. 3. Participate in an ultimate game.
Volleyball	<ol style="list-style-type: none"> 1. Explain the rules of volleyball to your leader or adult partner. 2. Spend at least 30 minutes practicing skills to play the sport of volleyball. 3. Participate in a volleyball game.